



Learn all about healthy eating and the benefits of achieving a healthy weight!

Instructions: Go to the www.mypyramid.gov website. Explore the website and learn all about healthy eating and nutrition. Complete the following questions as you navigate your way through the website as a way to learn even more about nutrition!

Question:	Answer:
What are the two sub-groups that grains are divided into?	
List 2 examples of orange vegetables.	
How many cups of fruit is 1 large peach?	
True or False: Cream cheese is part of the Milk group?	
Name 2 nutrients that are supplied by meat, poultry, fish, dry beans and peas, eggs, nuts and seeds.	
List 2 foods that are naturally high in oils.	
What are the 2 parts of your total calorie "budget"?	
List 2 examples of moderate physical activity.	

